

Emotional Agility

This week, we're delighted to share the concept of emotional agility, as described by author and psychologist Susan David. She defines this as: "Being aware and accepting of all your emotions, even learning from the most difficult ones, and being able to live in the moment with a clear reading of present circumstances, respond appropriately, and then act in alignment with your deepest values." This [article](#) summarizes her approach to helping teens (as well as the adults in their lives) to better understand and manage the ups and downs of adolescent mood swings. Our favorite line: "No one is happy all the time, so when you feel those difficult emotions, ask yourself: What is this emotion telling me? How can I use this information to be stronger, better and more connected with the world?"

The Staples Resilience Project is an ongoing endeavor by the Staples Guidance Department aimed to promote the well-being of our students and foster a positive, inclusive school community.

shs.westportps.org/departments/guidance/staples-resilience-project